



# Community And Enrichment Center

**WEEKLY NEWSLETTER**  
**MAY 21, 2021**

## **COMPANION GARDENING**

*Companion planting is the idea that some plants thoroughly enjoy growing near one another.*

*Meanwhile, others would prefer not to.*

## **CROCKPOT PULLED PORK**

*This mouthwatering quick and easy recipe is the perfect weeknight dinner or delicious enough to serve at your next get-together with friends.*

## **FREE CLASSES FROM SENIOR PLANET**

*Several courses, programs, and activities are available to help seniors learn new skills, save money, get in shape, and make new friends.*

## **WHAT'S HAPPENING AROUND THE CITY**

*Find out what's happening at The Community and Enrichment Center.*



# COMPANION PLANTING CHART

PLANT	GOOD FRIENDS	"FOES"
<b>Asian Greens</b>	Beans, Beets, Cabbage Family, Carrots, Cucumber, Garlic*, Peas, Onion*, Nasturtium*, Oregano*, Sage, Strawberry, Thyme	Parsley
<b>Basil</b>	Oregano, Peppers, Tomatoes	None!
<b>Beans</b>	Beets, Cabbage Family, Carrots, Corn, Cucumber, Peas, Potatoes, Rosemary, Sage, Strawberry, Swiss Chard, Tomatoes, Thyme	Chive, Leeks, Garlic, Onion, Marigold, Peppers
<b>Beetroot</b>	Beans, Cabbage Family, Lettuce, Onion, Garlic, Leeks	None!
<b>Cabbage Family: Broccoli, Cauli &amp; Kale</b>	Beans, Beets, Carrot, Chive, Cucumber, Dill, Garlic*, Lettuce, Nasturtium*, Onion*, Potatoes, Rosemary, Sage, Spinach, Swiss Chard, Thyme, Oregano*	Peppers, Squash, Strawberry, Tomatoes
<b>Carrots</b>	Beans, Cabbage Family, Chives, Garlic*, Leeks, Lettuce, Onion*, Parsley, Peas, Peppers, Rosemary	Dill
<b>Calendula</b>	A wonderful medicinal companion & pest deterrent for ALL! Especially tomatoes.	None! Plant me!
<b>Cilantro</b>	Sage, Thyme, Spinach*	None!
<b>Corn</b>	Beans, Cucumber, Dill, Melon, Parsley, Peas, Sage, Squash, Sunflower, Thyme	Tomatoes, Cabbage Family
<b>Cucumber</b>	Beans, Cabbage Family, Corn, Dill, Lettuce, Nasturtium, Peas, Onion, Peppers, Tomato	Sage
<b>Dill</b>	Cabbage Family, Corn, Lettuce, Cucumber, Onion,	Carrots, Tomatoes
<b>Eggplant</b>	Beans, Herbs, Marigold*, Tomato, Peppers, Nasturtium*, Spinach	None!
<b>Garlic, Onions, Chives, &amp; Leeks</b>	Beets, Cabbage Family, Carrots*, Dill, Lettuce, Parsley, Sage, Swiss Chard, Strawberry, Spinach, Tomatoes*, Thyme	Peas, Beans, Sage
<b>Kale</b>	See "Cabbage Family" above	
<b>Lettuce</b>	Beets, Cabbage family, Carrots, Cucumber, Dill, Garlic, Onion, Radish, Sage, Spinach, Squash, Strawberry, Tomatoes, Thyme	None!

Good friends grow particularly well together. "Foes" may cause issues. \*An asterisk shown after a plant indicates that particular combination may have pest-detering properties. Happy Planting!

<b>Marigold</b>	Melon, Squash*, Tomatoes* Deters <i>many</i> garden pests!	Beans
<b>Melon</b>	Corn, Marigold, Nasturtium, Squash, Sunflower, Herbs	None!
<b>Nasturtium</b>	Cabbage Family, Cucumber, Melon, Squash*, Tomatoes, Sage. Repels whitefly & spider mites. Traps aphids	None! Plant me
<b>Oregano</b>	Basil, Peppers, Cabbage Family*	None!
<b>Parsley</b>	Carrots, Chive, Corn, Onion, Peas, Peppers, Tomatoes, Sage, Thyme	None!
<b>Peas</b>	Beans, Carrots, Corn, Cucumber, Parsley, Peppers, Radish, Sage, Spinach, Squash, Strawberry, Thyme	Chives, Onion, Garlic
<b>Peppers</b>	Basil, Carrots, Cucumber, Onion, Oregano, Parsley, Peas, Rosemary, Squash, Swiss Chard, Tomatoes	Cabbage Family, Beans
<b>Potatoes</b>	Beans, Cabbage Family, Marigolds	Tomato
<b>Radishes</b>	Beans, Cucumber, Lettuce, Peas, Nasturtium*, Squash, Spinach	Potatoes, Kohlrabi, Turnips
<b>Rosemary</b>	Beans, Cabbage Family, Carrots, Peppers, Sage, Thyme	None!
<b>Sage</b>	This aromatic culinary herb grows well with <i>just about</i> everything...	Cucum-ber, onion
<b>Spinach</b>	Cabbage Family, Cilantro*, Leeks, Lettuce, Peas, Sage, Strawberry	None!
<b>Squash</b>	Corn, Lettuce, Marigold*, Melon, Nasturtium*, Peas, Peppers	Cabbage Family
<b>Strawberry</b>	Beans, Garlic*, Lettuce, Onion*, Peas, Spinach, Thyme, Sage	Cabbage Family
<b>Swiss Chard</b>	Beans, Cabbage Family, Garlic*, Onion*, Peppers, Sage, Thyme	None!
<b>Thyme</b>	This tasty culinary herb grows well with everything on this chart. <i>Pollinators</i> love it during blooms! Also said to deter cabbage worms.	None!
<b>Tomatoes</b>	Basil, Beans, Chives, Carrots, Cucumber, Garlic*, Lettuce, Marigolds*, Nasturtium*, Onion*, Parsley, Peppers, Sage, Thyme	Potatoes, Corn, Dill & Cabbage Family



# CROCKPOT

## PULLED PORK

### INGREDIENTS

- 2 - 2.5 LBS. BONELESS PORK LOIN
- 1/2 ONION SLICED
- 1 TBSP PAPRIKA
- 1 TSP BLACK PEPPER
- 2 TSP SALT
- 1/2 16 OZ. BOTTLE BBQ SAUCE
- 2 CLOVES GARLIC MINCED OR PRESSED
- 1/2 CUP WATER

### DIRECTIONS

- ADD ALL INGREDIENTS TO THE SLOW COOKER.
- COOK ON MEDIUM FOR 6 HOURS OR LOW FOR 8-10 HOURS.
- SHRED AND ENJOY!



# FREE SENIOR PLANET PROGRAMS

*Senior Planet harnesses technology to change the way we age. Several courses, programs, and activities are available to help seniors learn new skills, save money, get in shape, and make new friends.*

## *What is Senior Planet?*

Senior Planet enables older adults and people of all ages to come together and find new ways to thrive in today's digital age. There are several upcoming events that are open to anyone 60 and older.



## *Something for Everyone!*

Senior Planet hosts a variety of courses, activities and programs. Just a few of these include chair yoga, online games to play with friends, cyber security and much more.

## *Find Out More!*

Senior Planet hosts online events that stream online regularly can be joined from anywhere in the world. Visit [www.seniorplanet.org](http://www.seniorplanet.org) for more information.





# What's Happening?



## GROUP FITNESS

Group Fitness classes are available Tuesdays and Thursdays at 5:15pm and Wednesdays at 12pm.

For reservations, call 970-848-0407

## TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!



## YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

[yuma.colibraries.org](http://yuma.colibraries.org)



## HAVE IDEAS?

Are you interested in learning a new skill?  
Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.

# MEET AND EAT MAY 2021

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for May 2021. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

## Contact Information:



Marlene Miller  
Lead Ombudsman/Senior Service, SHIP  
N.E CO. Area Agency on Aging, Yuma County  
mmiller@necalg.com  
Office 970-848-2277



## MAY 2021 YUMA MEAL SITE

**FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal.  If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.	SHEPHERD'S PIE CONFETTI COLESLAW HARVARD BEETS ROLL STRAWBERRY APPLESAUCE  <b>BIRTHDAY RECOGNITION</b> Calories: 656 Carb: 108.5g Fiber: 10.3g Protein: 30.8g Fat: 14.8g Sod: 1005mg	CHICKEN POT PIE SPINACH CAULIFLOWER SALAD FRUIT CUP NATURE COOKIE  <b>SENIOR MEETING</b> Calories: 720 Carb: 97.2g Fiber: 9.1g Protein: 36.2g Fat: 23.8g Sod: 656mg		<b>CHOICE: HAMBURGER STEAK</b> CITRUS PEPPER SALMON FILET BAKED POTATO MIXED VEGETABLES BRAN MUFFIN APRICOT HALVES  Calories: 611 Carb: 95.0g Fiber: 10.8g Protein: 30.6g Fat: 15.7g Sod: 1027mg
10	11	12	13	14
Menu may change due to availability of food items or conditions that cause the kitchen to close.	BRAISED BEEF BROWN RICE HARVARD BEETS ROLL TROPICAL FRUIT CUP NATURE COOKIE  Calories: 716 Carb: 113.8g Fiber: 9.7g Protein: 30.4g Fat: 17.1g Sod: 537mg	CHICKEN CACCIATORE MASHED POTATOES COUNTRY MIX VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP  Calories: 698 Carb: 86.0g Fiber: 10.7g Protein: 41.5g Fat: 22.5g Sod: 1080mg		SPAGHETTI w/ MEAT SAUCE TOSSED SALAD w/ DRESSING GREEN BEANS GARLIC BREAD FRUIT CUP  Calories: 607 Carb: 86.8g Fiber: 10.9g Protein: 31.5g Fat: 18.2g Sod: 576mg
17	18	19	20	21
<b>OTIS POTLUCK</b>	CHICKEN SALAD w/ GREEN GRAP BEAN MEDLEY SALAD ROLL MANDARIN ORANGES w/ BANANA CARROT CAKE  Calories: 685 Carb: 99.6g Fiber: 9.6g Protein: 34.8g Fat: 19.0g Sod: 680mg	<b>CHOICE: HAMBURGER STEAK</b> BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CINNAMON APPLE SLICES <b>BLOOD PRESSURE</b> Calories: 601 Carb: 98.1g Fiber: 10.8g Protein: 30.0g Fat: 12.4g Sod: 820mg		CHEESE POTATO OMELET BROCCOLI BRAN MUFFIN OREGON BERRY COMPOTE  Calories: 637 Carb: 83.6g Fiber: 13.0g Protein: 31.5g Fat: 18.2g Sod: 576mg
24	25	26	27	28
Suggested Donation - \$4.00  Under Age 60 Mandatory Charge - \$12.50	LASAGNA TOSSED SALAD w/ DRESSING PEAS AND CARROTS GARLIC BREAD FRUIT CUP  Calories: 605 Carb: 85.5g Fiber: 11.1g Protein: 34.2g Fat: 17.6g Sod: 593mg	SCALLOPED POTATOES w/ HAM LAYERED SALAD ROLL BANANA SPLIT FRUIT CUP CINNAMON CRISPIES  Calories: 71 Carb: 103.8g Fiber: 9.6g Protein: 34.2g Fat: 27.2g Sod: 1148mg		BEEF O'LE REFRIED BEANS MEXICALI CORN FRUIT CUP  Calories: 618 Carb: 88.8g Fiber: 12.1g Protein: 36.3g Fat: 16.1g Sod: 551mg
31				
		For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal.  If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.	IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.	